

# HOME COURSE IN GYMNASTICS FOR BUSINESS-MEN.

## To Build Up a Flat Chest and Straighten Round Shoulders.

By Anton Schatzl, Formerly Director of Physical Training Richmond Y. M. C. A.

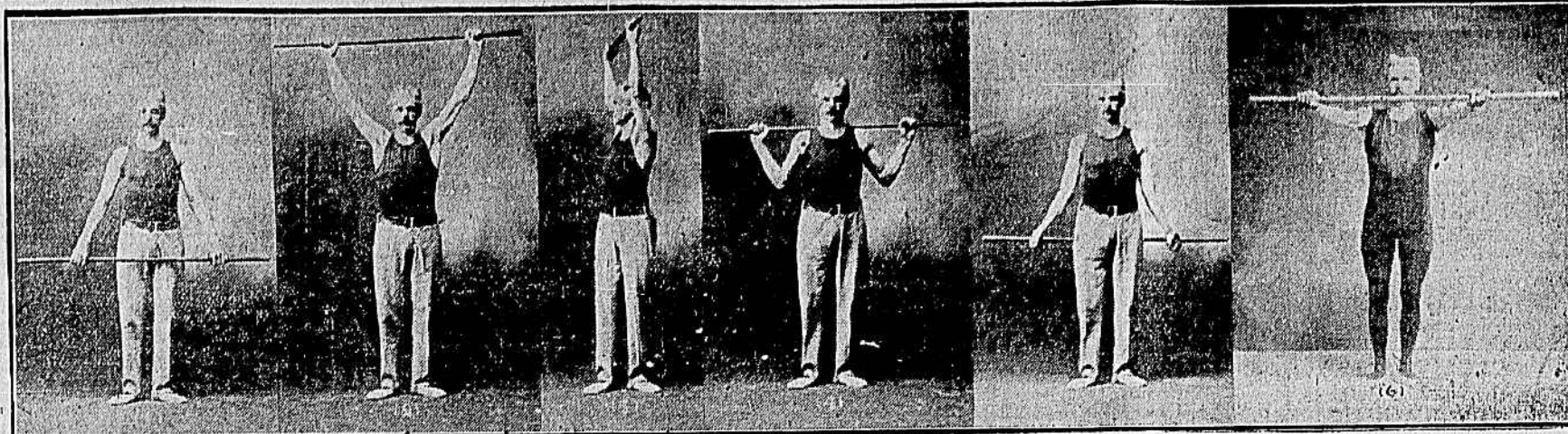


FIG. 1.

FIG. 2.

FIG. 3.

FIG. 4.

FIG. 5.

FIG. 6.

Intense mental application, and close confinement is shortening the lives of thousands of our best and most progressive men of to-day, and they will not realize it until already broken down in health.

This physical degeneration is due to lack of sufficient exercise of the proper kind—sedentary employment, such as office life, which causes a stooping posture and flat chest.

This reduces the proper amount of space the lungs require to work, and the result is less breathing capacity, the lungs and hearts become weak, and the least unaccustomed exertion will produce shortness of breath, and deterioration has set in.

The lack of sufficient strength further causes the muscles to become weak and flabby, constipation, indigestion, dyspepsia, headache, lassitude, will become more or less a factor.

A disinclination for exertion, not only physically but mentally, as well as a general lack of vigor, will follow, and degeneration has begun its work.

Health, strength, happiness and a successful career is the outcome of proper personal habits of life in regard to exercise, diet, rest, sleep and pure air.

Originally we were intended to live out of doors, but since modern life and

methods made out-door occupations few and less practicable for most men, recourse to counteract the evils must be had.

Muscular exercise is the keystone to the ideal physical structure.

Muscular movements accelerate the blood, and promote perspiration. Perspiration consists of waste material and poisonous matter and nature takes this course of cleansing the skin and purifying the blood.

Muscular exercise causes deep breathing and by it an abundance of life giving oxygen is supplied to the blood.

Muscular exercise quickens the muscles and strengthens the cartilage and ligaments and hardens the bones.

We cannot help noticing the commanding pose and forceful character of the man with an erect and majestic appearance. The world has always admired such men and looked upon them as leaders. They are the men who line out and command the destinies of our future race.

We go back in our own history and notice the sterling qualities of such men as Washington, Lincoln, Grant; men who were hale and hearty and endowed with physical powers and strength of character.

These are only a few of the men who have helped map out the destiny of a nation.

The leading example of to-day is the leading spirit of our nation. Our President, a man who is strong and healthy, a fruit of nothing, no obstacle too great to conquer, he grasps the most difficult problem and with determination, sets at work to win.

Compare these men to the physical degenerates who guided and directed the early destinies of the European countries. Is it a wonder that our country stands foremost as the most progressive nation of the world?

To whom would you rather trust your affairs? The strong and vigorous man, with the active and healthy intellect, or the man who lacks vitality and endurance, and is ever complaining about his health and business; whose organs are in such morbid condition that it is impossible for him to become a success in this strenuous age.

The world has no use for such men. The necessary feature in my system of gymnastics for the correction and prevention of round shoulders and flat chest is the stick used as you will note in the illustrations.

Have a stick about four feet long and three-fourths inch in diameter (a broom handle will answer the purpose). Attention is paid in carrying out the instructions exactly, not only in regard to the exercise itself, but the form in

which they should be executed, and in the manner in which the stick should be held.

Study the illustrations carefully and read instructions until you understand each exercise entirely.

Master each exercise thoroughly before beginning the next.

Description of exercises:

EXERCISE NO. 1.

From Fig. 1, with body erect, chest projected, shoulders drawn down and back, chin drawn back, arm straight in the elbow, and stick firmly grasped, swing the stick forward and upward as shown in Fig. 2. This movement is entirely in the shoulders and should be repeated eight times.

EXERCISE NO. 2.

From Fig. 2, with chest projected and arms straight (twist the body sideways to the left and then to the right as shown in Fig. 3, in the movement must be entirely in the waist and must be repeated eight times.

EXERCISE NO. 3.

From Fig. 3, pass the stick down and behind until it rests across the shoulders as shown in Fig. 4. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 4.

From Fig. 4, pass the stick down and behind until it rests across the shoulders as shown in Fig. 4. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 5.

From Fig. 5, pass the stick down and behind until it rests across the shoulders as shown in Fig. 5. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 6.

From Fig. 6, pass the stick down and behind until it rests across the shoulders as shown in Fig. 6. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 7.

From Fig. 7, pass the stick down and behind until it rests across the shoulders as shown in Fig. 7. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 8.

From Fig. 8, pass the stick down and behind until it rests across the shoulders as shown in Fig. 8. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 9.

From Fig. 9, pass the stick down and behind until it rests across the shoulders as shown in Fig. 9. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 10.

From Fig. 10, pass the stick down and behind until it rests across the shoulders as shown in Fig. 10. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 11.

From Fig. 11, pass the stick down and behind until it rests across the shoulders as shown in Fig. 11. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 12.

From Fig. 12, pass the stick down and behind until it rests across the shoulders as shown in Fig. 12. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 13.

From Fig. 13, pass the stick down and behind until it rests across the shoulders as shown in Fig. 13. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 14.

From Fig. 14, pass the stick down and behind until it rests across the shoulders as shown in Fig. 14. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 15.

From Fig. 15, pass the stick down and behind until it rests across the shoulders as shown in Fig. 15. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 16.

From Fig. 16, pass the stick down and behind until it rests across the shoulders as shown in Fig. 16. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 17.

From Fig. 17, pass the stick down and behind until it rests across the shoulders as shown in Fig. 17. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 18.

From Fig. 18, pass the stick down and behind until it rests across the shoulders as shown in Fig. 18. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 19.

From Fig. 19, pass the stick down and behind until it rests across the shoulders as shown in Fig. 19. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 20.

From Fig. 20, pass the stick down and behind until it rests across the shoulders as shown in Fig. 20. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 21.

From Fig. 21, pass the stick down and behind until it rests across the shoulders as shown in Fig. 21. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 22.

From Fig. 22, pass the stick down and behind until it rests across the shoulders as shown in Fig. 22. This movement is entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 23.

From Fig. 23, pass the stick down and behind until it rests across the shoulders as shown in Fig. 23. This movement is entirely in the shoulders and elbows and must be repeated eight times.

through the nose, filling the lungs with pure air to their fullest capacity, prolonging it till the stick comes across the shoulders, as in Fig. 1. Repeat eight times.

Again raise stick overhead till arms are straight, then lower forward and downward during which movement exhale until the starting point is reached, as in Fig. 1. Repeat eight times.

EXERCISE NO. 4.

From Fig. 2 pass the stick down back of the head (behind the elbow) and close to the shoulders until you arrive at position shown in Fig. 6.

This movement must be entirely in the shoulders and elbows and must be repeated eight times.

EXERCISE NO. 5.

From Fig. 6 swing stick forward to overhead and back downward until you have reached position shown in Fig. 5. This movement is entirely in the shoulders; the elbows must be kept entirely still. Repeat eight times.

EXERCISE NO. 6.

From Fig. 1 swing stick forward to overhead and back downward until you have reached position shown in Fig. 5. This movement is entirely in the shoulders; the elbows must be kept entirely still. Repeat eight times.

EXERCISE NO. 7.

From Fig. 5 swing stick forward to overhead and back downward until you have reached position shown in Fig. 1. This movement is entirely in the shoulders; the elbows must be kept entirely still. Repeat eight times.

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EXERCISE NO. 25.

From Fig. 5 swing stick forward to overhead and back downward until you have reached position shown in Fig. 1. This movement is entirely in the shoulders; the elbows must be kept entirely still. Repeat eight times.

EXERCISE NO. 26.

From Fig. 1 swing stick forward to overhead and back downward until you have reached position shown in Fig. 5. This movement is entirely in the shoulders; the elbows must be kept entirely still. Repeat eight times.

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## Whims of the Idler.

THE DISINTEGRATION OF CONVERSATION

In these plating times of peace when we old fogies have naught to grumble about save the general decadence of things intellectual, the evil above all others that strikes us most is the disintegration of conversation.

Damn my buttons if it isn't a bore now-a-days to hear everybody talk except myself.

In a few years there won't be any need for the power of speech—leastwise nobody will need it except the politicians.

Where are the days of Joe Addison and

Dickie Steele-of Dr. Sam Johnson and

Jimmy Boswell, when folks sat around in

coffee houses and let nine syllable words

flow from their mouths sweeter than

honey? Ah, those were the halcyon days

when conversation wore corsets and crinolines, and was alternately grandiose and

mincingly graceful! Now it is circumscribed by no rhetorical whalebone stays, but is as loose as a kimono or a Mother Hubbard wrapper.

Time was when the speaker pondered each syllable before he let her fly; now he hands out a chop-suey of airy persiflage.

So marked is the disintegration of conversation becoming that even we folk who have something to say leave it unsaid lest our utterances go to waste. None of our colloquial pearls for unappreciative swine, my pleasure.

We have things locked up in our bosoms—or wherever one keeps unsaid sayings—that would have been prized as Alaska nuggets a century ago, but we keep 'em in cold storage now. What's the use of

giving birth to ideas when there's not even

an educational founding hospital where they may be nurtured?

To our graves we shall lug with us a gondola-carload of unuttered non-mots that would have tickled the listeners of a hundred years ago like the mint leaves kissing the snout end of a man sipping an amber julep.

When one goes to an entertainment nowadays he is treated like an unwelcome youngster who is liable to become obnoxiously obstreperous unless he is systematically amused.

Not for a second is the guest left unamused.

The whole attitude of the host is like that of a photographer towards a child whom he is about to snap his camera. True, he is not told to watch and see if a cat doesn't come out of the clock or a bird out of the flowers on the wall paper, but all the time his attention is demanded by some modern device or novel mechanism.

I know a man who has a phonograph.

He is a good man and he has a good phonograph.

And sure you know he could make the nights ambrosial with his powers of conversation if something could only loosen him up.

But it can't.

His words are congealed in his brain; he can say nothing, for he is the slave of his talking machine.

When this lover of his own mouth music goes to the house of the P. P. (phonograph)

party the good man forthwith flies into action—gets ready at the expense of great energy and considerable money to amuse

First of all the gigantic maw of the

brass phonograph funnel is pointed at

the guest like the muzzle of an old-draw

underbrush, and then the host begins his

bombardment.

The thing is delightful—wildly fascinat-

ing—that is, it is delightful for just about

fifteen minutes.

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